

# Group Exercise Schedule

Aug. 8 - Nov. 5, 2016 Subject to change)

TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	TIME:	Saturday	Sunday
6:00 AM	Cycle with Cherie	Total Body FIT Yolanda	Cycle with Cherie	Total Body FIT Yolanda	Cycle with Cherie			
7:00 AM		Hatha Yoga Roxanne		Hatha Yoga Annie		8:15 AM	Zumba® Karin	
8:30 AM	Zumba® Rose	Pilates Lori	Zumba® Rose	Shape It Up Lori	Pilates Lori	9:15 AM	Abs GlutesThighs Jeanie	
9:30 AM	Forever Young Lori	Fat Blaster Lori	Zumba Gold® Lori	Brain,Bone & Balance Karen	Zumba Gold® Lori	10:15 AM	Gentle Yoga Ana	
10:30 AM	Silver Sneakers® Classic Roxanne	Silver Sneakers® Yoga Karen	Silver Sneakers® Classic Roxanne	Silver Sneakers® Yoga Karen	Silver Sneakers® Cardio Karen	<div> <div></div> = Free to Members                 <div></div> = Discounted \$2 for Members, \$8 for Non-Members                 <div></div> = Free to all members brought to you by                  <p><b>Please sign in at the front desk and get a number for each class.</b></p> <p><b>Please see class descriptions on reverse side.</b></p> </div>		
4:45 PM			Zumba® Rose					
5:15 PM	Zumba® Rose	Slow Flow Yoga Arin	—	Yoga Ease Roxanne				
5:45 PM	—	—	Hard Core Abs Jeanie 30 min	—				
6:15 PM	H.I.I.T. Jeanie 30min	Zumba® Rose	H.I.I.T. Jeanie 30min	Zumba® Rose				
6:45 PM	RIPPED X Jeanie 30min	—	RIPPED X Jeanie 30min	—				
7:15 PM	Hatha Flow Kim	Boot Camp Jeanie	Peaceful Flow Kim	EVOLVE Jeanie				

All classes are 50 minutes of instruction unless otherwise noted.



150 S. 6th Street  
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# Class description- 50 minute classes

## Free to Members

### Abs, Glutes & Thighs- Jeanie Swesey

First half hour is a killer abdominal workout. Guys, don't be afraid to try this! (Hard Core Abs- 30 minutes) Second half hour focuses on legs; outer thigh, inner thigh & glutes. Great for the ladies!

### H.I.I.T. (Where you win and fat cries) Jeanie Swesey

Get ready to sweat. High Intensity Interval Training (H.I.I.T.) utilizes a series of exercises at maximal intensities. This is where results are made, nuff said. Monday and Wednesdays from 6:15 - 6:45 p.m.

### R.I.P.P.E.D. X (For an Xtreme workout) Jeanie Swesey

Resistance based (Free weights), Interval powered (Not for the light hearted), with plyometrics (For Xtreme results).

### Boot Camp- Jeanie Swesey

Burn lots of calories while working the whole body in a fun and efficient class.

### Pilates- Lori Maine

A total body workout to reshape and tone to look longer and leaner by using simple-yet effective techniques. Great for any age or fitness level to increase flexibility, flatten abs and improve your posture.

### Shape it Up- Lori Maine

Resistance is the name of the game to acquire the taut, lean look of well-defined muscles. This 55 minute weighted routine works all the major muscle groups in your body - sculpting legs and tightening buttocks, sculpting and strengthening arms and upper body, and targeting the midsection with dynamic abdominal exercises.

### SilverSneakers® Classic- Roxanne Wessel

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Free to all members.

### SilverSneakers® Yoga -Karen Runyon

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Free to all members.

### SilverSneakers® Cardio -Karen Runyon

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Chair and Yoga use are up to the individuals taking the class.

### Total Body FIT- Yolanda Mier

A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body.

### EVOLVE - Jeanie Swesey

This class is an all over body sculpting class. This class will shape you, tone you, increase your strength, balance, and flexibility while burning lots of calories. Evolving you into a new you.

### Fat Blaster- Lori Maine

Burn those calories with this up-tempo, hi-low impact aerobic workout guaranteed! Take it back to basics, there are no gimmicks, just easy to follow routines that are pure movement and pure sweat!. This program welcomes people from all walks of life regardless of shape, size or ability. This workout is created to have an environment that is non-competitive and judgmental.

## Free to Members

### Forever Young- Lori Maine

This is a specialized fitness class for older adults. Class consists of low impact, weight-bearing chair and standing exercises using resistance bands and light weights. It is effective, fun, and excellent for people with Osteoporosis, Fibromyalgia, Arthritis, Post-Polio Syndrome, COPD and other conditions that may keep you from exercising. Gain strength and improve balance, range-of-motion and coordination.

### Yoga Ease -Roxanne Wessel Hatha Yoga -Annie Ridgell

Hatha translated as *ha* meaning "sun" and *tha* meaning "moon"-balance of the active and more passive aspects of us all. In our physical bodies this translates to developing balancing of strength and flexibility. A typical class may consist of sitting poses, breathing exercises, vinyasa flow to warm muscles and open up tight areas in the body, balancing work, floor poses designed to lengthen your muscles, and at the end, is the relaxation of the mind.

### Gentle Yoga Ana Hansen

This Yoga class is for all levels. Ana's class offers restorative yoga poses and deep breathing exercises. Prepare for a complete body and mind relaxation and distress from everyday pressures.

### Slow Flow Yoga - Arin Thrine

A slow, deep and challenging flow of yoga postures coordinated with the breath to build strength, release chronic tension patterns and relax the mind.

### Hatha Flow- Kim Stuit

This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure – all within a safe environment. In this class, we come into the breath and quiet the mind as we find steadiness in asana with flow between poses to cultivate physical and emotional openings. Beginning by gently warming up the body, moving into balancing, classic sun salutations, various Hatha style yoga postures, and cooling down with stretching and relaxation. Hatha Flow is a great way to transition from the day into the evening. This class includes modifications for different levels and is suitable for beginners and intermediate students. **Peaceful Flow- Kim Stuit** In Peaceful Flow, you'll be guided through postures in a slower Vinyasa style, beginning with the basic poses, but allowing for more challenging poses based on your practice level. Props may be utilized to allow the body to fully achieve each pose comfortably. This is a great class for students looking to increase flexibility and strengthen the core, those who are new to yoga or those who prefer a quieter pace, yet still have the option to take it to the next level. This class is designed for beginners through intermediate students.

**Zumba®- Rose Ortiz, Karin Jones** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

**Zumba® Gold- Lori Maine** - A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

**Brain, Bone & Balance- Karen Runyon** -Lack of movement, NOT AGE, causes muscle weakness, loss of bone density and thus balance difficulties. Exercise is the key to a clear responsive brain promoting a healthy, strong and well balanced body. This class challenges participants by using multifaceted movements, balance postures, resistance tools and mind exercises. Exercise the body to exercise the mind. Everyone works at their own fitness level. It's never too late!

**Cycle with Cherie- Cherie Cooper \*\*\*** A low impact fitness activity for people of all ages and fitness levels. Get ready for fun and encouragement.  
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**\*\*\*Discounted for Members**

**(\$2 for members, \$8 for non-members)**